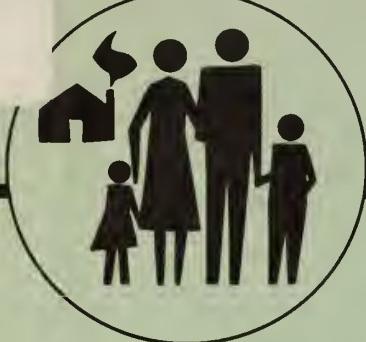


## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



a71353  
U5  
Cap. 1

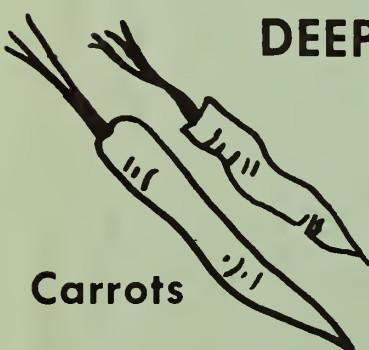


# VEGETABLES

a good choice for the thrifty family

## VEGETABLES GIVE US VITAMINS A AND C

These Vitamin A Vegetables  
are almost always good buys . . .



DEEP YELLOWS



Sweet Potatoes



Carrots



Spinach



Collards, Kale  
Turnip and other Greens

## DARK LEAFY GREENS

EAT ONE OR MORE VITAMIN A FOODS EVERY OTHER DAY

These Vitamin C Foods are almost  
always good buys . . .



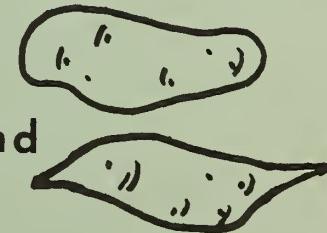
DARK LEAFY GREENS ALSO  
SUPPLY VITAMIN C



White Potatoes and  
Sweet Potatoes



Cabbage



EAT ONE OR MORE VITAMIN C FOODS EVERY DAY

FNS-19 (Formerly C&MS 27&28 )

U.S. Department of Agriculture • Food and Nutrition Service • Agricultural Research Service

## HOW TO COOK FROZEN VEGETABLES

Cook frozen vegetables in a little boiling water until just tender using the directions on the package label. Frozen vegetables take less boiling time than fresh vegetables. Serve cooked vegetables with a little margarine or butter, if you like.

## HOW TO HEAT CANNED VEGETABLES

Heat vegetable and liquid. Add a little margarine, butter, meat drippings, or other seasoning, if you like.

## HOW TO PREPARE FRESH VEGETABLES

- Remove spoiled, bruised, wilted, or discolored parts; remove woody stems and parts.
- Make parings thin to avoid loss of food nutrients.
- Do not throw away usable outside green leaves of cabbage, lettuce, and other leafy vegetables. They are high in food nutrients.
- Wash well. For leafy vegetables use plenty of water; lift from the water to leave dirt behind. Separate leaves or stalks to clean them.
- Do not soak vegetables long or they will lose food nutrients.

## HOW TO COOK FRESH VEGETABLES

- Put  $\frac{1}{2}$  to 1 cup water in a pan for 6 servings of vegetables. Add  $\frac{1}{2}$  teaspoon salt. Use enough water to cover older or larger vegetables that need longer cooking.
- Bring water to boiling. Add vegetable.
- Cover pan and bring water back to boiling.
- Lower heat and boil gently until vegetable is tender (see list for boiling time).
- Add 1 or 2 tablespoons margarine or butter before serving, if you like.

FRESH VEGETABLE	TIME FOR BOILING	Minutes
<b>BEANS</b>		
Green snap or yellow wax ..	12 to 16	
Lima or butter beans .....	25 to 30	
<b>BEETS</b>		
Young, whole, unpeeled .....	30 to 45	
Older, whole, unpeeled .....	45 to 90	
<b>BROCCOLI</b> , with stalks split ..	10 to 15	
<b>CABBAGE</b>		
Cut-up .....	3 to 10	
Cut in chunks .....	10 to 15	
<b>CARROTS</b>		
Cut-up .....	10 to 20	
Whole .....	15 to 30	
<b>CAULIFLOWER</b> , cut-up .....	10 to 20	
<b>CORN</b> , on cob .....	5 to 15	
<b>GREENS</b>		
Beet greens .....	5 to 15	
Collards .....	10 to 30	
Kale .....	10 to 15	
Mustard .....	15 to 30	
Spinach .....	3 to 10	
Turnip greens .....	10 to 30	
<b>ONIONS</b> , whole .....	15 to 30	
<b>PARSNIPS</b>		
Cut-up .....	8 to 15	
Whole .....	20 to 40	
<b>PEAS</b> , green .....	12 to 16	
<b>POTATOES</b>		
Cut-up .....	20 to 25	
Whole .....	25 to 40	
<b>SWEETPOTATOES</b> (or yams)		
Cut-up .....	15 to 25	
Whole .....	35 to 55	
<b>SQUASH</b>		
Summer, cut-up .....	8 to 15	
Winter, cut-up .....	15 to 20	
<b>TURNIPS</b>		
Cut-up .....	10 to 30	
Whole .....	20 to 30	

## BAKED POTATOES OR SWEETPOTATOES

6 white potatoes or sweetpotatoes  
Fat

Wash potatoes. Rub with a little fat.

Bake on a rack or in a baking pan at 425° F (hot oven) until soft. White potatoes will take 50 to 60 minutes, and sweetpotatoes will take 35 to 60 minutes, depending on size and variety.

*Makes 6 servings.*

- Save the liquid from drained, canned or cooked vegetables for use in soups or for sauces to serve over vegetables.

## SWEET AND SOUR BEETS

½ cup sugar  
2 tablespoons flour  
1 teaspoon salt  
Pepper, as you like  
¼ cup vinegar  
½ cup beet liquid or water  
2½ cups drained, cooked or canned beets

Mix sugar, flour, salt, and pepper in a pan.

Mix in vinegar. Add beet liquid or water. Cook and stir over medium heat until mixture is thickened.

Add beets and heat.

*Makes 6 servings, about 1/3 cup each.*

## SQUASH AND TOMATOES

3 medium-size or 6 small zucchini or yellow summer squash  
1 small onion  
2 slices bread  
2 cups fresh or canned tomatoes  
½ teaspoon salt  
Pepper, as you like

Slice squash. Chop onion. Cut up bread.

Mix all ingredients in a saucepan. Cover and boil gently about 30 minutes until squash is tender and flavors are blended.

Add salt and pepper.

*Makes 6 servings, about 1/2 cup each.*

## VEGETABLE IN CREAM SAUCE

2 tablespoons fat (margarine or butter)  
2 tablespoons flour  
1 cup fluid milk  
Salt and pepper, as you like  
3 cups drained, cooked or canned vegetable (such as carrots, peas, green beans, lima beans, or spinach)

Heat fat, stir in flour.

Add milk slowly, stirring until smooth. Cook and stir until mixture is thickened.

Add salt and pepper and vegetable. Heat.

*Makes 6 servings, 1/2 cup each.*

## VEGETABLE IN BUTTER SAUCE

Use recipe for Vegetable in Cream Sauce. Use 1 cup liquid from the vegetable in place of milk or use part vegetable liquid and part milk.

## VEGETABLE IN CHEESE SAUCE

Use recipe for Vegetable in Cream Sauce. Add ¾ cup finely cut-up cheese to sauce. Stir over low heat until cheese melts.

## VEGETABLE IN MUSTARD SAUCE

Use recipe for Vegetable in Cream Sauce. Stir 1 tablespoon prepared mustard into sauce before adding vegetable.

## VEGETABLE IN PEANUT BUTTER SAUCE

Use recipe for Vegetable in Cream Sauce. Add 2 tablespoons peanut butter with the fat in making sauce. Thin the sauce with water, if you like.

